

Life+Style

Fall
September 2023

Peninsula Del Rey
Newsletter



*Your lifestyle
continues here*

Zest
MIND • BODY • SOUL

Your Community Spotlights

Employee Spotlight

Jazel R was born and raised in San Francisco. She attended school in San Francisco and is currently attending San Francisco State University studying psychology.

Jazel likes to go on nature walks, watch Netflix and Hulu. On her free time, she spends time with her siblings. Jazels hobbies include painting landscapes. One of her greatest achievements is being the first in her generation to go to college and hopefully graduate. Something that is interesting about Jazel is she likes to go out to eat different foods. She would like to start a food blog. She likes to eat Thai and Vietnamese food. She mentioned everyone who greets her at PDR is super nice and loves when residents and families stop by to say hello.



Resident Spotlight



Meet Ciel, she is 101 years old. She was born in the Bronx, NY. She was nine years old when her parents went to Russia. She returned after two years to the United States at 11 years old. Before moving to Peninsula Del Rey, she worked as a CPA, she was the first woman CPA in the United States. She retired at 91 years old in New York City. Her hobbies include knitting and playing bridge. On her free time, she enjoys watching TV. Her hidden talent is that she can speak Russian and the Jewish language. Her favorite music is opera. She loves to eat lamb and looks forward to being healthy, Happy Hour and meeting new people while at Peninsula Rey. She is glad she moved to Daly City to be closer to her youngest son. Please say hello to Ciel when you see her.

Community Happenings



September



Labor Day Barbeque at 11:00 am-2:00pm
Courtyard 1
Peninsula Del Rey is hosting an all-American BBQ for residents and families on Monday, September 4th at 11:00am. Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers.



Grandparents Day Luau at 2:00 pm- 3:00pm
Courtyard 1
National Grandparents Day is September 10th, and Peninsula Del Rey is excited to celebrate grandparents and their families. Enjoy a traditional Hawaiian luau, complete with an authentic menu crafted by the talented in-house culinary team. Live entertainment will be provided by Hawaiian luau dancers hailing from the award-winning Polynesian dance group, "Manuia Polynesian Revue."



Uncork Under the Stars featuring Relative Key at 5:30pm-7pm
Courtyard 1
Do you remember the twenty-first night of September? Join us for a night to remember, eat good food, mix and mingle, and dance the night away. You do not want to miss the chance to uncork under the stars with Relative Key the cover band.



National Centenarian Day at 3:30pm
Galleria
National Centenarian Day honors the lives of those who are 100+ years old and is observed annually on September 22nd. The culinary team planned a wonderful luncheon for the two and assortment of refreshments to mark the occasion.



Hardly Strictly Hawaiian Band at 2:00pm-3:00pm
Galleria
Enjoy the sights and sounds of the tropics during a lively performance by the "Hardly Strictly Hawaiian Band." Our musical guests will delight us with an array of traditional and popular styles while residents have a blast learning native Hawaiian folk dances. Aloha!





The Art & Science of WellBeing **Zest. For Life.**

National Healthy Aging Month

Healthy Aging Month is recognized as a time to celebrate life and the positive aspects of growing older. As we age, we become aware that our physical and mental health, as well as dietary and social needs, change over time. However, that doesn't mean you've lost control. You can take charge of your well-being, by taking steps to age with a healthy body and a healthy mind.

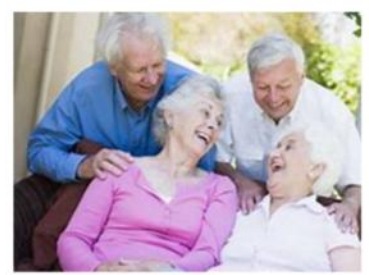
1. **Get Moving** It is important to consult your doctor before exercising. Start slow, know your limitations and modify activities if needed. Adults should aim for at least 150 minutes of moderate-intensity physical activity each week. Beginning physical activity can be as easy as walking for ten to fifteen minutes for three to four days per week and increasing as you go. Maintaining regular physical activity can help maintain a healthy weight, lower blood pressure, blood cholesterol, and blood sugar levels. Make your physical activity FUN and something you enjoy doing!
2. **Maintain a Healthy Diet** Eat proper portion sizes. Overeating can lead to obesity and increase the risk of diabetes and heart disease. Eat a variety of fresh fruits and vegetables and have them make up half of your plate. Avoid excess processed foods. Stay hydrated—adults should drink between 10–16 cups of water per day, depended on gender, living environment, and activity level.
3. **Stay Social** Try something new by attending online or socially distant in-person classes that interest you. Use technology like Zoom or Facetime to stay in touch with friends and family.
4. **Balance your body and mind** Keep a positive attitude. Keep your mind active by reading or doing puzzles. Keep your body active through stretches and yoga.
5. **Be proactive** Receive regular checkups, physicals and medical tests when needed as many diseases can be prevented when caught early. Don't forget appointments with the dentist and optometrist too. Take vitamins, supplements and medications as prescribed.



Mind



Body



Soul

Connecting with your *Mind, Body & Soul* promotes physical, cognitive and emotional well-being. SRG communities embody the power of Mind, Body, and Soul connectivity through the array of holistic Zest activities offered daily.



Mind

Mindful Meditation with Zest

Meditation has its roots in ancient Eastern traditions, particularly in Hinduism and Buddhism. It was initially practiced as a means to attain spiritual enlightenment and connect with the divine. Over time, meditation spread to different cultures and evolved into various forms, each with its own unique techniques and goals. *Mindfulness Meditation* is a form of meditation involves focusing one's attention on the present moment, observing thoughts and sensations without judgment. It cultivates a state of heightened awareness and helps individuals develop a non-reactive and accepting attitude towards their experiences. Meditation is a powerful practice that offers numerous benefits for the mind, body, and spirit. Whether you choose mindfulness or another form of meditation incorporating meditation into your daily routine can bring about a sense of inner peace, improved mental health, and overall well-being.

Check on Lifeloop or with your Zest team for meditation offerings in your community!



Body

Pilates is a versatile exercise method that offers numerous benefits for individuals of all fitness levels. With its focus on core strength, flexibility, and body awareness, Pilates can improve overall physical and mental well-being. Whether practiced on a mat in a chair, Pilates provides a comprehensive workout that can be adapted to suit individual needs and goals. So, why not give Pilates a try and experience the transformative effects it can have on your body and mind?



Food for Your Gut

Pre & Probiotics are the key to a balanced gut. And gut health is shaping up to be the next super big breakthrough health frontier, impacting everything from cognitive health and digestion to heart disease and immune system health. Run, do not walk, to gather up these ingredients to experience real change in your sense of health and wellbeing.



Prebiotics

Prebiotics are ingredients that feed the beneficial microflora in your gut. You can have good bacteria, provided by probiotic rich foods, but you have to feed them too. Prebiotics are fibers that humans cannot digest, but are actually fibers your bacteria feed on. Feeding your bacteria enables them to produce compounds called Short Chain Fatty Acids. These include butyrate which is actually fuel for the cells that line your gut. Pretty important as these are a major part of your immune systems, creating a barrier between the outside world (your gut), and your inner world (blood, cells, tissues). Prebiotic rich ingredients in this recipe pack include asparagus, leeks, banana and edamame to name a few!



Probiotics

Probiotics are foods that are rich in (we like to say teaming with) the type of good bacteria your gut needs. They included yogurt, kefir, miso and soy, tempeh and tofu, kombucha, sauerkraut, kimchi and more. All of these foods are created through a fermentation process that allows beneficial bacteria to proliferate. We like to say that we "seed" the gut with probiotic bacteria. We then "feed" these bacteria with prebiotic rich foods. So take a look at the recipes in this pack and pair them with our Prebiotic recipe pack. Then you have the perfect formula for your gut. Now, if you have had any gut issues, or are not used to these fermented foods go easy on them at first. Sometimes it takes a little while to get used to them. But trust me, you need them to thrive!



Centenarian Celebration

We are privileged to live in a time of history during which many people are able to reach the age of 100 and beyond. In fact, there are estimates that indicate that there are over 570,000 centenarians in the world which is truly an astonishing number. In the United States we observe this unique day annually on

September 22 which happens to fall on Friday this year. On this day in our SRG communities we celebrate and honor those who have reached the age of 100 and use this day to recognize the rich history and wisdom of our residents. This is a wonderful time to listen to life stories, gather up photographs, and learn from those that have a unique view of the world.

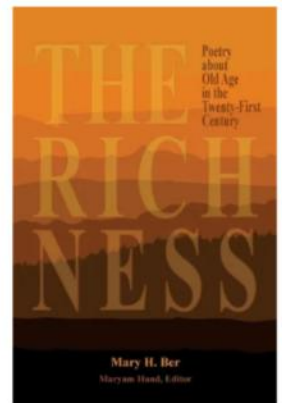


The Richness Virtual Book Discussion



Mary H. Ber, M.A. has been writing poetry since she learned to write at age seven. A classroom teacher of literature and writing for over fifty years, she has also created literary magazines and assisted her students in getting published, thereby helping people bring themselves to voice. She is co-founder of award-winning Moon Journal Press and its editor for thirteen years. Now she lives in a senior retirement home in Tucson, Arizona, where she has been facilitating writing and discussion groups.

The Richness: Poetry about Old Age in the Twenty-First Century is an exploration of both the positive and negative experience of old age, focusing on the often unappreciated perks. The 83-year-old author has written her experiences in easy-to-access poetry. The book is divided into six sections: "Coming Into Old Age," "Moving into the Residential Retirement Home," "Walking through Old Age," "Deepening Spirituality," "Completing Old Age," and "A Note to Caregivers." The first five sections of the book may be read as a simple collection of poems or a kind of poetic autobiography of the author's journey through this stage of her life. The author wrote the poems as she lived them.



Check LifeLoop for September book club dates featuring a zoom guest appearance by Mary Ber discussing her book, "The Richness" and reading her poetry.

The Zest Test

Zest and EmpowerMe are teaming up to bring you "The Zest Test"! The Zest Test is a benchmark cognitive and strength test designed by EmpowerMe with the help of Zest fitness professionals to help identify baseline fitness scores for our residents.

Using a benchmark testing tool is great for identifying areas of opportunity for people to gain strength, balance, and flexibility and decrease fall or injury risk.

Check LifeLoop or with your Zest team for available testing dates!

National Fitness Day - September 25th

National Fitness Day is an annual event celebrated on the last Wednesday of September in many countries around the world. It aims to promote the importance of physical activity and inspire individuals to lead healthier and more active lifestyles. It's important to celebrate our physical activity because of the multitude of benefits it provides. Regular physical activity is crucial for maintaining good health and well-being. It has numerous benefits, including: improved physical health, mental well-being, weight management, increased energy levels, and provides social interaction. You can celebrate National Fitness day by joining one of the many physical fitness classes provided on your Zest Calendar or by setting personal fitness goals and committing to a regular exercise routine.

Ways to Celebrate National Fitness Day

1. Try a new fitness class: Step out of your comfort zone and try something new. ZestFit offers new fitness classes monthly!
2. Try a fitness challenge with your friends: something as simple as a step challenge or workout challenge can be a fun way to motivate each other!
3. Create a playlist for your exercise routine: nothing compliments a good work out like the perfect music to keep you motivated.
4. Take your workout outdoors: keep the environment fresh and change up your workout scene.
5. Set personal fitness goals: Take this opportunity to set some or reevaluate your personal fitness goals.
6. Have a FreshZest meal: Try something new with out healthy FreshZest menu options!
7. Treat yourself to a wellness day: Take the day and indulge in a day focused on you and your wellness! Schedule in an exercise class or a fitness appointment, make time for a well balanced meal, maybe even treat yourself to a haircut, a pedicure, or a massage!

Resident Birthdays



Birthdays of the Month

George R. – 1st
Norman G. – 3rd
Lucy P. – 5th
Kaye M. – 5th
Joan S. – 6th
Wendy N. – 7th
Dallas C. – 9th
Ingrid O. – 11th
Stella K. – 12th
Tomi I. – 13th
Bill G. – 14th
Richard L. – 22nd
June A. – 23rd
Peter F. – 24th
Carolyn P. – 25th
Mario T. – 26th
Sonja S. – 28th
Needra J. – 29th



Staff Directory

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PENINSULA DEL REY
AN **SRG** SENIOR LIVING COMMUNITY

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For over 35 years, we've been developing and operating award-winning senior living communities throughout the United States. Although we're known for our distinctive designs and innovative amenities, SRG communities are fueled by passion. We're truly driven by the desire to create environments that enhance the quality of people's lives - now and in the future.

